

Statistics Report 20030, Hominy, canned, white
Report Date: June 27, 2017 03:57 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	82.53	--	1.910	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Energy	kcal	72	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Energy	kJ	301	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Protein	g	1.48	--	0.237	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Total lipid (fat)	g	0.88	--	0.176	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Ash	g	0.86	--	0.085	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Carbohydrate, by difference	g	14.26	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Fiber, total dietary	g	2.5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Sugars, total	g	1.82	--	--	--	--	--	--	--	--	Calculated or imputed	11905	03/2003

Minerals

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca	mg	10	--	2.154	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Iron, Fe	mg	0.62	--	0.099	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Magnesium, Mg	mg	16	--	0.883	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Phosphorus, P	mg	35	--	3.020	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Potassium, K	mg	9	--	2.049	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Sodium, Na	mg	345	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	08/2012
Zinc, Zn	mg	1.05	--	0.103	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Copper, Cu	mg	0.030	--	0.013	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Manganese, Mn	mg	0.070	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Selenium, Se	µg	3.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997

Vitamins

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Thiamin	mg	0.003	--	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Riboflavin	mg	0.006	--	0.003	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Niacin	mg	0.033	--	0.013	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Pantothenic acid	mg	0.154	--	0.052	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Vitamin B-6	mg	0.005	--	0.003	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Folate, total	µg	1	--	0.122	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	1	--	0.122	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Folate, DFE	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Choline, total	mg	3.1	--	--	--	--	--	--	--	--	Calculated or imputed	08091	03/2007
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	11905	03/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	11905	03/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	11905	03/2003
Vitamin A, IU	IU	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	11905	03/2003
Lutein + zeaxanthin	µg	30	--	--	--	--	--	--	--	--	Calculated or imputed	11905	03/2003
Vitamin E (alpha-tocopherol)	mg	0.05	--	--	--	--	--	--	--	--	Calculated or imputed	11905	03/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	0.2	--	--	--	--	--	--	--	--	Calculated or imputed	11905	03/2003
Lipids													
Fatty acids, total saturated	g	0.123	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
12:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
14:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
16:0	g	0.105	197	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:0	g	0.014	197	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Fatty acids, total monounsaturated	g	0.231	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
16:1 undifferentiated	g	0.001	197	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:1 undifferentiated	g	0.230	197	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Fatty acids, total polyunsaturated	g	0.399	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:2 undifferentiated	g	0.387	197	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:3 undifferentiated	g	0.012	197	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989
Amino Acids													
Tryptophan	g	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Threonine	g	0.050	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Isoleucine	g	0.058	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Leucine	g	0.202	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Lysine	g	0.033	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Methionine	g	0.031	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Cystine	g	0.033	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phenylalanine	g	0.076	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Tyrosine	g	0.056	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Valine	g	0.077	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Arginine	g	0.068	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Histidine	g	0.045	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Alanine	g	0.107	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Aspartic acid	g	0.115	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Glutamic acid	g	0.299	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Glycine	g	0.052	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Proline	g	0.138	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Serine	g	0.065	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2014
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2003